



INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



12 oz | 24 oz
Yukon Gold Potatoes*



2 | 2
Scallions



1 TBSP | 1 TBSP
Fry Seasoning



6 TBSP | 12 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



1/4 Cup | 1/2 Cup
Panko
Breadcrumbs
Contains: Wheat



1/4 oz | 1/2 oz
Frank's RedHot®
Original Seasoning
Blend



1.5 oz | 3 oz
Blue Cheese
Dressing
Contains: Eggs, Milk



1 tsp | 2 tsp
Hot Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

BLUE CHEESE SAUCE

This funky-cool condiment adds major oomph to Buffalo-spiced chicken cutlets.

CRISPY FRANK'S REDHOT®-SPICED CHICKEN

with Blue Cheese Sauce, Scallion Mashed Potatoes & Carrots



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 770



FRANK'S REDHOT® ORIGINAL SEASONING BLEND

Shake on the perfect blend of flavor and heat with Frank's RedHot® Original Seasoning Blend. Now you can sprinkle it on everything from burgers and veggies to pizza and fries.



HELLO FRESH

WE'RE BIASED, BUT ...

Why do we instruct you to slice the carrots on a diagonal in step 1? This knife technique, called a bias cut, maximizes surface area so the carrots get extra-caramelized in the oven. Another bonus? The presentation—we love the look of those angled slices!

BUST OUT

- Peeler
- 2 Baking sheets
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (**2 tsp | 2 tsp**)
- Cooking oil (**1 tsp | 1 tsp**)
- Butter (**2 TBSP | 4 TBSP**)
Contains: Milk

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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into $\frac{1}{2}$ -inch-thick pieces. Dice **potatoes** into $\frac{1}{2}$ -inch pieces. Trim and thinly slice **scallions**, separating whites from greens.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of olive oil, half the Fry Seasoning (all for 4 servings), salt, and pepper.**
- Roast on top rack until golden brown and tender, 20-25 minutes.



3 MAKE MASHED POTATOES

- While carrots roast, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve $\frac{1}{2}$ cup **potato cooking liquid**; drain and return potatoes to pot. Mash with **one packet sour cream (two packets for 4 servings)** and **1 TBSP butter (2 TBSP for 4)** until smooth, adding splashes of reserved potato cooking liquid as needed. **(You'll use more sour cream in the next step.)**
- Stir in **half the scallion greens**. Season with **salt** and **pepper**. Keep covered off heat until ready to serve.



4 COAT CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season with **salt** and **pepper**.
- Place **1 TBSP butter (2 TBSP for 4 servings)** in a shallow microwave-safe dish. Microwave until melted, 30 seconds. Stir in **panko, Frank's RedHot® Original Seasoning Blend**, and a **pinch of salt and pepper**.
- Brush **one packet sour cream (two packets for 4)** onto tops of chicken in a thin layer. **(You'll use the remaining sour cream in the next step.)** Working one piece at a time, dip brushed sides of chicken into panko mixture, pressing to adhere (**no need to coat the undersides**).
- Place chicken, coated sides up, on a second, **lightly oiled** baking sheet.



5 ROAST & MAKE SAUCE

- Roast **chicken** on middle rack until browned and cooked through, 15-18 minutes. Transfer to a plate to rest.
- While chicken cooks, in a small bowl, combine **blue cheese dressing, scallion whites**, and **remaining sour cream**.



6 SERVE

- Divide **carrots, mashed potatoes**, and **chicken** between plates. Top chicken with **blue cheese sauce, remaining scallion greens**, and **hot sauce** if desired. Serve with any remaining blue cheese sauce on the side.